



User Manual

A thick orange line graph is positioned horizontally across the middle of the page. It starts at a low point on the left, rises steadily to a peak on the right, and then begins to descend. The background of the entire page is a dark grey with a subtle, repeating hexagonal pattern.

 **Cyclo100** Series

Your
everyday
TRAINING
companion

Welcome

Thank you for purchasing this Mio. Please read this manual carefully before using your Mio for the first time. Keep this manual in a safe place and use as your first point of reference.

Important information for using the manual

It is important to understand the terms and typographical conventions used in this manual.

Bold — Components or items displayed on screen, including buttons, headings, field names and options.

Italics — Indicates the name of a screen.

Disclaimer

Not all models are available in all regions.

Depending on the specific model purchased, the colour and look of your device and accessories may not exactly match the graphics shown in this document.

Mio operates a policy of ongoing development. Mio reserves the right to make changes and improvements to any of the products described in this document without prior notice. Mio does not warrant that this document is error-free. The screenshots and other presentations shown in this manual may differ from the actual screens and presentations generated by the actual product. All such differences are minor and the actual product will deliver the described functionality as presented in this User Manual in all material respects.

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ANT+™  is a trademark of Garmin Ltd. or its subsidiaries.

Revision: R00

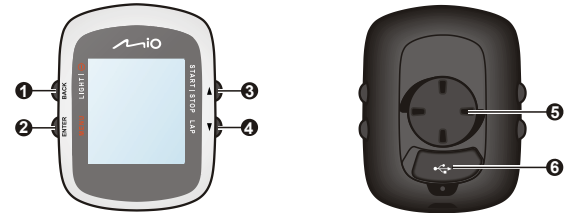
(09/2012)

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Knowing your device

Main unit



1. POWER / LIGHT / BACK

- Press and hold for 2 seconds to turn your device on/off.
- When the device is turned on and in DASHBOARD menu, press to switch the backlight on/off.
- While navigating through the menus(except DASHBOARD), press to return to the previous screen.

2. MENU / ENTER

- In DASHBOARD menu, press to switch between the screens. Press and hold for 2 seconds to return to the Main menu.
- While in the menu screen/option list, press to select the desired function/option.

3. UP / START|STOP

- Press to scroll up in the menu screen/option list.
- In DASHBOARD menu, press to select CONTINUE, PAUSE, or STOP the timer in training.

4. DOWN / LAP

- Press to scroll down in the menu screen or in the option list.
- In DASHBOARD menu, press to create a lap while the timer is counting for training.

5. **Bike mount socket:** for the device mount.

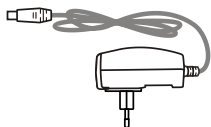
6. **Mini-USB connector:** connects to the charger or USB cable.

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Accessories

Your device comes with the following accessories:

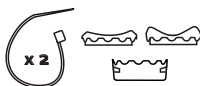
Note: Depending on the specific model purchased, the colour and look of your device and accessories may not exactly match the graphics shown in this document.



Power adapter



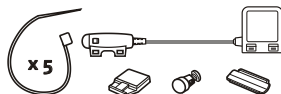
USB cable



Bike mount kit



Heart rate belt*
(ANT+™ sensor)



Speed and cadence sensor kit*
(ANT+™ sensor)

* May be sold separately and used for selected models only.

To use your device on a bike, ensure you use the specific bike mount kit that came with your device. Mio may provide optional accessories for specific models.

Please visit Mio website (www.mio.com) for information.

Information:

This device is ANT+ certified and is compatible with ANT+ sensor devices that support heart rate and combined bike speed & cadence data. For more information please visit: www.thisisant.com/modules/mod_product-directory.php

Getting started

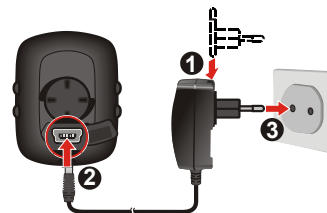
Charging the battery

Your device has an internal battery that may not be fully charged when you purchase it. You should charge the battery for at least 3.5 hours before you start using it for the very first time.

To charge the battery:

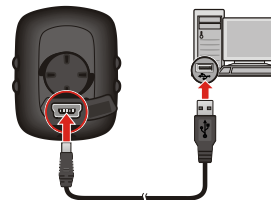
- **Using a mains power socket**

Plug the home charger cable into the USB connector on the back of your device and the mains power charger into the power socket.



- **Via the computer**

Connect your device to the computer by using the provided USB cable. For more information, see "Connecting your device to the computer" in this section.

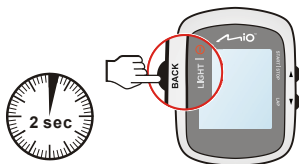


CAUTION: For optimal performance of the lithium battery, note the following:

- Do not charge the battery where the temperature is high (e.g. in direct sunlight). The battery will stop charging when the ambient temperature is less than -10°C (14°F) or more than 60°C (140°F).
- Recharge the battery when it is nearly discharged. When recharging, make sure that the battery is fully charged. Doing so can extend the battery life.
- If you will not use the product for a long period of time (over one month) or find the discharge/recharge time has been shortened, be sure to fully discharge the battery first before recharging it. You are also advised to fully discharge and recharge the battery once every 1-2 months.
- Failure to follow the battery usage instructions could cause damage to your device, battery and even bodily injury or property damage and will void the warranty.

Performing the initial start-up

1. Mount the device and accessories on to your bike. For more information, see the "Installing the device" section.
2. Press and hold the POWER button for 2 seconds to turn your device on.



3. Follow the prompts to personalise your device, including:
 - Select your preferred language
 - select the coordination format: degree or degree/minute/second
 - select the units format: imperial or metric
 - set up date and time format, including the correct time zone and daylight saving function
 - set up your profile, including gender, birthday, weight, height, and workout level
 - select your bike type (race, city, or mountain) and complete the bike's data (weight and wheel size*)

* For selected models only.

Tip: You will only have to do this the first time you use your Mio. You can change these settings from the **SETTINGS** menu while using the device.

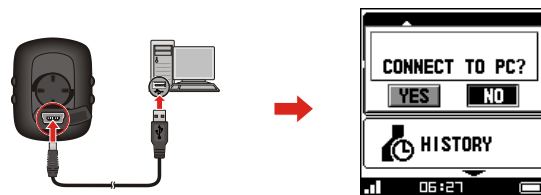
4. Once your device is turned on, it will search for satellite signals automatically. This may take several seconds depending on the location.

When GPS is fixed, the GPS signal icon () on the screen indicates the GPS status.

5. Depending on your device model, you will need to scan and pair the heart rate monitor and cadence/speed sensor with the device. After installing the cadence/speed sensor and heart rate monitor, enable the device to scan them from **Main menu > SETTINGS > ACCESSORIES > SENSORS**.

Connecting your device to the computer

1. Turn on the computer.
2. Turn on your device. Connect the mini-USB end of the USB cable to the back of your device and the other end to a USB port on your computer.
3. When prompted, select the desired connection type from the *CONNECT TO PC* message window:



- **YES:** Your device will be connected to the computer so you can transfer your training data to the computer and upgrade your device (when update is available) via Mio Share.

Tip: For more information about using Mio Share, see the "Managing data on the device" section.

- **NO:** You will be able to continue using your device with the battery in charging mode via the computer.

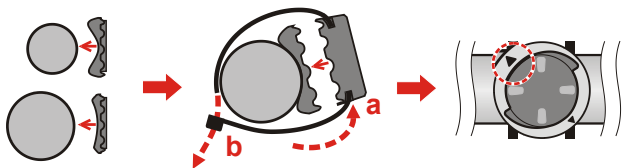
Installing the device

Follow the instructions in this section to mount the device and the cadence/speed sensor kit (for selected models only) on your bike. In addition, you will need to put on the heart rate monitor during your workouts.

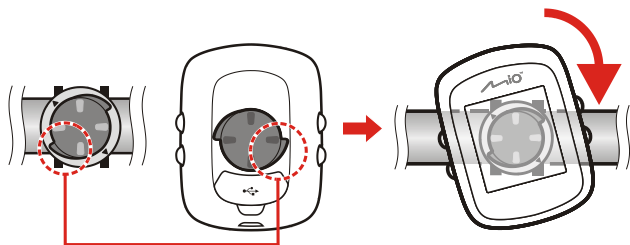
Mounting the device on your bike

The bike mount kit includes two types of rubber pads, allowing you to attach the bike mount to your bike securely.

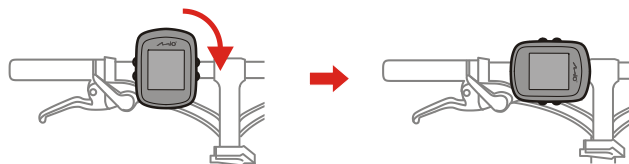
1. Select the rubber pad that best fits the handle bars on your bike and then attach it using the two plastic straps.



2. Align the latch on the back of the device with the slot on the bike mount, and then rotate the device clockwise to lock the device to the bike mount.



3. For certain applications, you can change the screen orientation by rotating the device from portrait to the landscape mode, and vice versa.

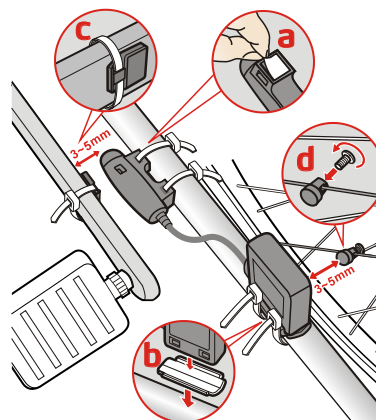


4. To remove the device from the bike mount, rotate it anticlockwise.

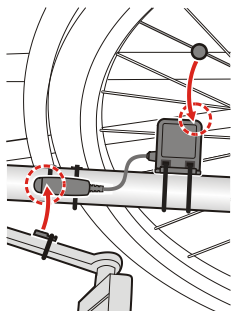
Installing the sensors on your bike

The cadence/speed sensor kit is used for selected models only.

1. Follow the instruction below to install the cadence/speed sensor kit on your bike.



2. Ensure that the magnets are aligned with the sensing area on the sensors.



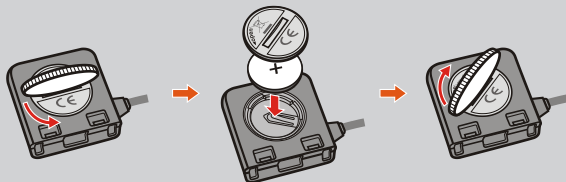
3. When done, you can pair the sensor(s) with your device from **Main menu > SETTINGS > ACCESSORIES > SENSORS**.

- Select **SPEED > SCAN** to pair the speed sensor with your device; or
- Select **CADENCE > SCAN** to pair the cadence sensor with your device; or
- Select **SPEED/CADENCE > SCAN** to pair both the cadence/speed sensors with your device.

Information:

The cadence sensor contains a replaceable CR2032 battery. Follow the instructions below to replace the battery:

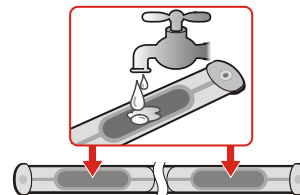
1. Locate the battery cover on the back of the sensor, and then twist the cover anticlockwise (e.g. by using a coin) to remove the cover and battery.
2. Insert the new battery into the battery chamber and replace the cover.
3. Twist the cover clockwise (e.g. by using a coin) to close the cover.



Putting on the heart rate monitor

The heart rate monitor is used for selected models only.

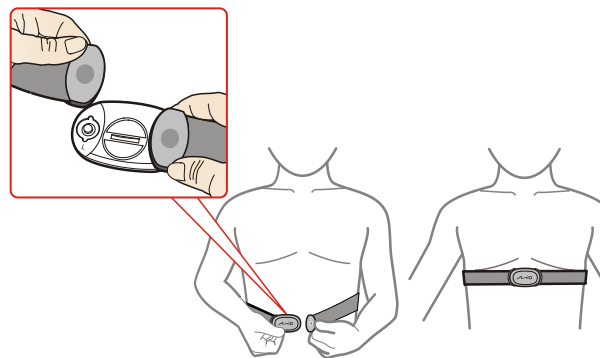
1. Before using the heart rate monitor, wet the contacts on the back of the chest strap.



Tip: If possible, you can also use an electrolyte gel (usually available in local sports stores) to ensure good contact.

2. Adjust the elastic strap so it's snug while you are putting it on. Ensure that you can take a good deep breath after putting on the strap.
3. Follow the instructions below to wrap the strap around your back, and then secure it on the other side with the buckle.

Tip: Putting on the heart rate monitor is like wearing a belt around your lower chest.



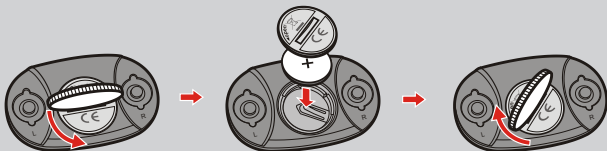
4. When done, you can pair the monitor with your device from **Main menu > SETTINGS > ACCESSORIES > SENSORS**.

- Select **HEART RATE > SCAN** to pair the heart rate monitor with your device.

Information:

The heart rate monitor contains a replaceable CR2032 battery. Follow the instructions below to replace the battery:

1. Locate the battery cover on the back of the monitor, and then twist the cover anticlockwise (e.g. by using a coin) to remove the cover and battery.
2. Insert the new battery into the battery chamber and replace the cover.
3. Twist the cover clockwise (e.g. by using a coin) to close the cover.



Operating basics

Note: The screenshots and other presentations shown in this section are for reference only. They may differ from the actual screens and presentations while you are using the device.

Main menu

The Main menu is your starting place for various tasks, providing quick access to applications and settings. Use the UP/DOWN button to select the desired function and then press ENTER.



- The **DASHBOARD** menu displays the view of various functions, including the date and time screen, compass screen (for selected models only), and the workout screens (when a workout has been selected).
- The **WORKOUT** menu lets you set workouts by entering your conditions, such as the distance, or speed.
- The **HISTORY** menu allows you to check the history data such as date/time, distance, speed, altitude, etc.
- The **SETTINGS** menu provides various options to enhance your cycling experience. You can customise the system settings, user profiles and more.
- The **TO PC** menu allows you to transfer your training data from the device to the computer.

System icons

The system icons indicating the device's status are displayed at the bottom of the screen.

Icon	Description
	The GPS signal icon indicates the GPS status.
	The Timer icon will display when training is active. When you stop the timer, the icon will be flashing.
	The Alarm icon will display when you set the alarm clock.
	The Battery icon indicates the remaining battery power.
	The Cadence/speed icon will display when the cadence/speed sensor* is paired with the device.
	The Heart rate icon will display when the heart rate monitor* is paired with the device.

* For selected models only.

DASHBOARD screens

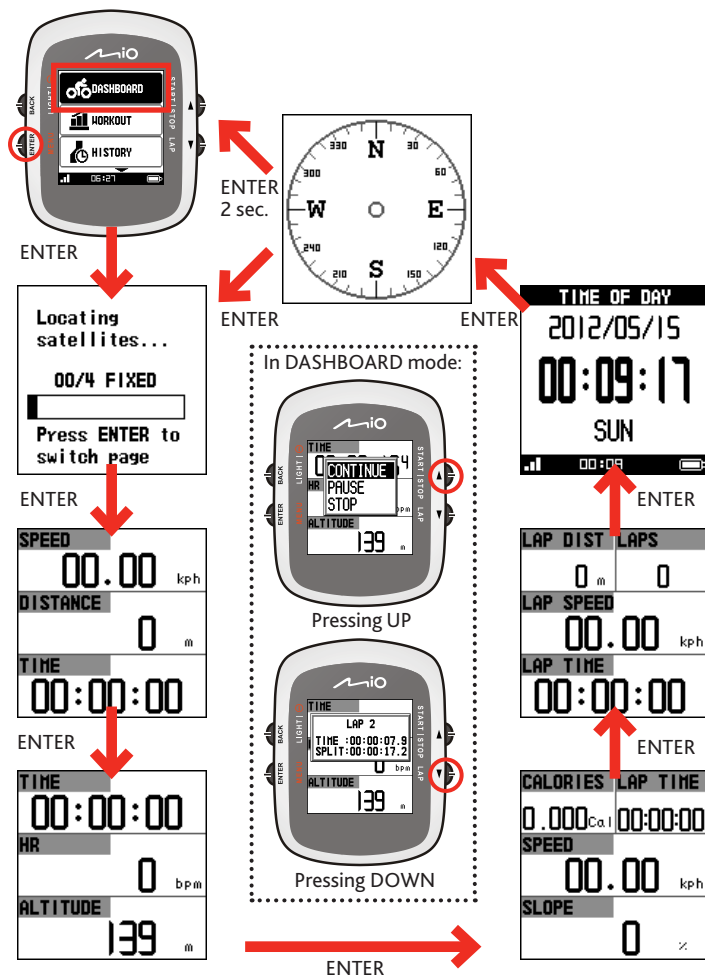
The DASHBOARD provides the extended screens that can be used to assist you in your travels, trainings, and workouts. The layout of the DASHBOARD screens can be customised to display the information you want to know (e.g. speed, distance, time, calories, etc.).

- To access the DASHBOARD screens, select **Main menu > DASHBOARD**.
- The DASHBOARD function is made of screens placed next to each other, and you can press ENTER continuously to change between the DASHBOARD screens.
- To return to the Main menu, press ENTER for 2 seconds.

Note: Depending on your device model and settings, certain information may not be available on the DASHBOARD screens. To learn how to customise the DASHBOARD screens, see "PAGE SETTINGS" in the "Customising your device" section.

Example of DASHBOARD screens flow:

Custom 1 > Custom 2 > Custom 3 > Custom 4 > Time > Compass ... screens.



WORKOUT mode

Cycling is a good aerobic fitness exercise that helps you to burn your calories, lose weight and increase your overall fitness. WORKOUT mode on the device allows you to set workouts by entering your conditions: distance, time, and speed.

To start a workout, select **Main menu > WORKOUT**. When the workout starts, the device will analyze and report the workout status on the DASHBOARD screens.



DIST/TIME

Enter the DTG (distance to go) and TTG (time to go) settings and then select **START**.



DIST/SPEED

Enter the DTG (distance to go) and SPEED settings and then select **START**.



SPEED/TIME

Enter the TTG (time to go) and SPEED settings and then select **START**.

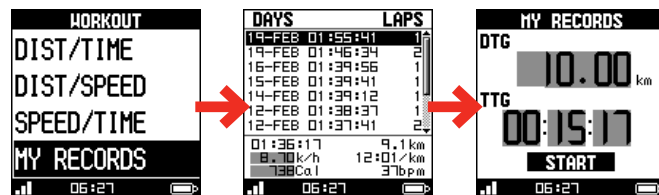


MY RECORDS

The MY RECORDS screen lists the information of your workouts. When an item in the list is selected, you can:

- check the workout record displayed at the bottom of the screen;
- press **ENTER** to retrieve the workout status and then select **START** to redo the workout*.

* This feature lets you compete against your previous workouts.



Viewing the HISTORY

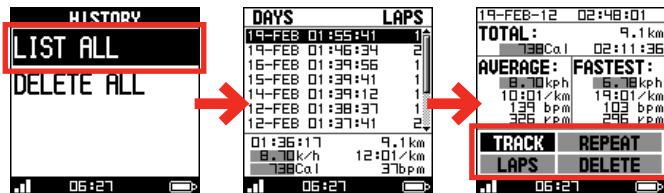
Your device will save the history for your trainings and workouts. To view the history data, select **Main menu > HISTORY**.



Information in the History data

Select **LIST ALL** to display all of the recorded trainings and workouts.

Note: Select **DELETE ALL** to delete all data saved on the device.

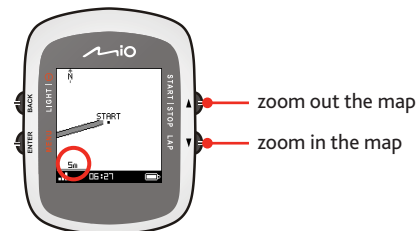


The information displayed in the history includes:

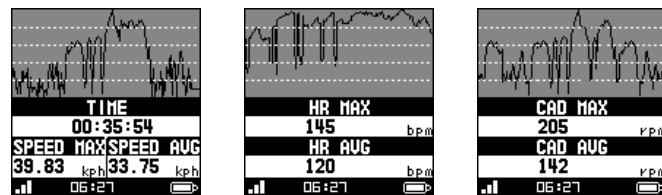
- date and time
- total distance of the training/workout
- total calories you have burned
- total time of the training/workout
- average records and fastest records of the training/workout

Use the UP/DOWN button to select the desired function and then press ENTER.

- Select **TRACK** to view the route of the training/workout:

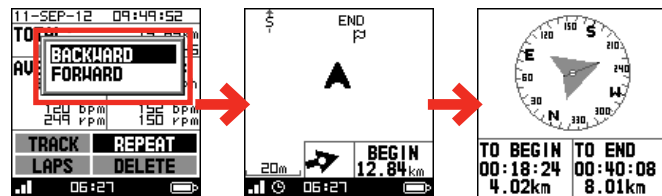


- Press ENTER again to display the diagram of speed/heart rate*/cadence*.



* For selected models only.

- Select **REPEAT** to track back to the start point (**BACKWARD**) or end point (**FORWARD**) of the route.



Note: The map screen will be displayed as **BIRD'S EYE VIEW** mode when you repeat the track.

- Select **LAPS** to view the lap details on the map screen.
- Select **DELETE** to delete the selected history data.

SETTINGS menu

To access the SETTINGS menu, select **Main menu > SETTINGS**.



ABOUT PRODUCT	
ACCESSORIES	• SENSORS • CARDIO • POWER
ALERTS	• TIME/DIST • SPEED • HEART RATE • CADENCE • POWER • SETTINGS
AUTO LAP	
AUTO PAUSE	
BAROMETER	
COMPASS	• CALIBRATION • DECLINATION • FOLLOW BEARING
FACTORY RESET	
GPS SETTING	
MAP MODE	
MEMORY STATUS	
PAGE SETTINGS	• CUSTOM 1/2/3/4 • TIME • MAP • COMPASS • LAP PAGE
PROFILES	• USER INFO • BIKE INFO • WORKOUT
RECORDED DATA	
SLOPE	
SYS UPGRADE	
SYSTEM	

Customising your device

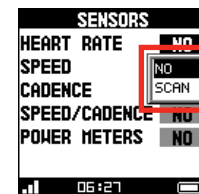
Note: The screenshots and other presentations shown in this section are for reference only. They may differ from the actual screens and presentations while you are using the device.

There are various customisation options available to enhance your cycling experience. With the SETTINGS menu, you will be able to customise your device such as the system settings, sensor settings, user profiles, map settings, and more.

- Use the UP/DOWN button to scroll through the menu items. The selected item will be highlighted in black.



- Press ENTER to access the setting item. The available options will be displayed. Press UP/DOWN to select the desired option and then press ENTER. Otherwise, press BACK to return to the previous page.



Note: Depending on your Mio model, certain setting options may not be available.

ABOUT PRODUCT



This item displays the version of your device.

ACCESSORIES



- **SENSORS:** Once you have installed the heart rate monitor* and cadence/speed sensor kit*, access this item and then select **SCAN** for the installed accessory.

* For selected models only.

During scanning, the item's setting will be indicated as **SCAN**. When done, the item's setting will change to indicate the pairing status:

HEART RATE: **HR**

SPEED/CADENCE: **SC**

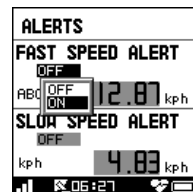
Tip: The paired accessory icon will be displayed at the bottom of the screen to indicate the pairing status. For more information, see the "System icons" section.

- **CARDIO:** This item is used for the heart rate alarm function.
Select **BY AGE** or **CUSTOM** to set up your heart rate zone, and then you can input the setting values according to HR MAX or Percentage.

ALERTS



- **TIME/DIST:** You can set the alarm to sound when the assigned time/distance is reached.
In the TIME ALERT field, select **ONCE** or **REPEAT** to set it to sound once or repeat to sound on every specified time.
In the DISTANCE ALERT field, select **ONCE** or **REPEAT** to set it to sound once or repeat to sound on every specified distance.
Otherwise, select **OFF** to disable the alarm.
- **SPEED:** You can set the alarm to sound when your speed is above or below the setting value.



- **HEART RATE:** You can set the alarm to sound when your **CUSTOM** or **HR ZONE** setting is above or below the setting value.
Otherwise, select **OFF** to disable the alarm.
- **CADENCE:** You can set the alarm to sound when your cadence is above or below the setting value.
Otherwise, select **OFF** to disable the alarm.
- **SETTINGS:** Select the alert methods as **MESSAGE/BEEPER** or **SYMBOL/BEEPER**.

AUTO LAP



In the TRIGGER field, select **DISTANCE** or **BY TIME** to set the device to record the laps automatically according to the trigger setting.

Otherwise, select **OFF** to disable the function.

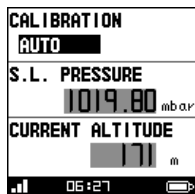
AUTO PAUSE



This function allows you to pause the timer automatically when you stop moving (**WHEN STOPPED**) or your speed falls below a certain value (**CUSTOM SPEED**).

Tip: During the training/workout, the data will not be recorded when stationary or when within a specific speed so that the average speed and calorie calculation is more accurate.

BAROMETER



In order to gain an accurate altitude reading, you are recommended to calibrate the barometer before starting your training/workout.

You can calibrate the barometer manually or automatically by selecting:

- **AUTO:** (default) The system will calibrate the sensor upon GPS signal when the signal is reliable. It always calibrates once after power on.
- **MANUAL:** You can manually input the required data in the S.L. PRESSURE field (your local Sea Level Pressure) from the official weather bureau. The system will display the current altitude according to the setting value.

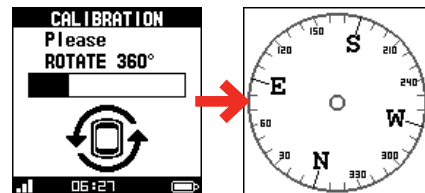
COMPASS



The built-in electronic compass can assist with GPS and improves accuracy when stationary. The compass will need to be calibrated before use. Follow these instructions to calibrate the compass:

Note: While using the built-in electronic compass, place the device away from any objects that generate magnetic fields such as electrical appliances, magnets or high-voltage towers. This might cause your device to point in the wrong direction.

- **CALIBRATION:** You have to calibrate before using the electronics compass. Follow the on screen instruction to complete calibration.



- **DECLINATION:** The Earth's magnetic field is not exactly symmetrical, which means the magnetic pole is not aligned with its axis. You can manually input the declination value or set it to auto calibration. We recommend auto calibration.
Otherwise, select **OFF** to disable the function.
- **FOLLOW BEARING:** The bearing angle means the angle between the top point of the screen and the target point. The Compass can be used without GPS to reduce power consumption.

FACTORY RESET



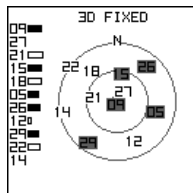
This function allows you to restore the device back to factory default status.

Warning! The training data and user profile will be erased.

GPS SETTING



- **WAAS/EGNOS***: You can disable or enable the WAAS/EGNOS function of the device.
* WAAS (Wide Area Augmentation System) and EGNOS (Euro Geostationary Navigating Overlay Service) are used to improve the GPS accuracy, integrity and availability.
- **GPS**: The GPS function can be turned off for saving battery power. If the battery power is low, the system will also ask you if you want to turn off the GPS function.
- **GPS INFO**: This item displays the positioning status of how many satellite signals are obtained and the signal strength.



MAP MODE



You can change the viewing angle by selecting NORTH UP or BIRD'S EYE VIEW:

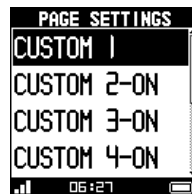
- **NORTH UP**: Always display North at the top of the *Map* screen.
- **BIRD'S EYE VIEW**: Displays the aerial image of the location viewed at an angle of approximately 45 degrees.

MEMORY STATUS



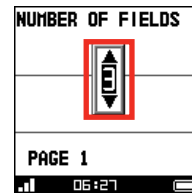
This item displays the memory status of the device, allowing you to check how many points left and the remaining time. The remaining time depends on the period of your record setting.

PAGE SETTINGS



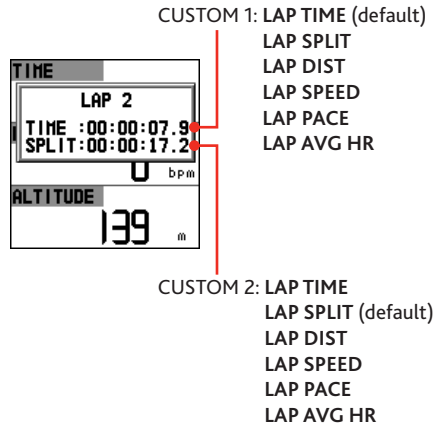
There are 4 Custom pages, one *Time* screen, one *Map* screen, one *Compass* screen, and one *Lap* screen included in the DASHBOARD screens to display your training/workout status.

- **CUSTOM 1/2/3/4**: The number displayed on the screen indicates the data fields (e.g. speed, distance, time, calories, etc.) included in the target screen.



Tip: You can select ON/OFF to display/hide the Custom page 2/3/4 in the DASHBOARD screens.

- **TIME:** Select **ON/OFF** to display/hide the *Time* screen in the DASHBOARD screens.
- **MAP:** Select **ON/OFF** to display/hide the *Map* screen in the DASHBOARD screens.
- **COMPASS:** Select **ON/OFF** to display/hide the *Compass* screen in the DASHBOARD screens.
- **LAP PAGE:** Select the desired option to be displayed on the *Lap* screen:



PROFILES



- **USER INFO:** You can input personal data to ensure more accurate information before your training/workout.

The data fields include: **NAME, GENDER, BIRTH DATE, WEIGHT, and HEIGHT.** When done, select **SAVE.**

Tip: The system will calculate calories based on the provided personal data. Please input the correct value.

- **BIKE INFO:** This item allows you to select the bike type (**RACE, CITY, or MOUNTAIN**), set the bike weight and wheel size. The settings will be used for the cadence/speed sensors while active.
- **WORKOUT:** This item allows you to select a training level depending on your personal condition and exercise strength. You can also input any extra weights you carry in the **EXTRA WEIGHT** field.

Tip: Input the proper setting to come out more accurate result.

RECORDED DATA



You can set the time interval to record the points by selecting **EVERY SECOND** or **CUSTOM TIME** in the **TO RECORD AT** field.

- **EVERY SECOND:** The system is set to record one point for every second. This will create the most accurate record for your training/workout.
- **CUSTOM TIME:** You can manually set the time interval based on different sport and strength to get more accurate information for analysis.

The recommended values is:

- walking and running: 1 sec
- cycling: 2 sec

SLOPE



Select the time interval (**20/45/90 SECONDS**) to collect the data for analysing the slope.

SYS UPGRADE



This item allows you to upgrade the firmware of your device.

SYSTEM



- **BEEPER:** You can enable the beeper that accompanies **MESSAGE ONLY** or both of **KEY AND MESSAGE**. Otherwise, select **OFF** to disable the beeper.
- **TOD MODE:** The system will enter TOD mode (time-of-day) if in standby for a specific time. The available settings for standby include: **OFF**, **5 MINUTES**, or **10 MINUTES**. In TOD mode, press UP for 2 seconds to return to normal operation mode.
- **DISPLAY:**
 - **BACKLIGHT:** Set the backlight to stay on or automatically turn off after a period of time once you press LIGHT to activate the backlight.

The available setting includes: **STAYS ON**, **15 SECONDS**, **30 SECONDS**, **1 MINUTE**, or **2 MINUTES**.

You can also adjust the screen contrast level by sliding the Contrast bar.

- **LANGUAGE:** You can select the preferred language displayed for the menus and other interface features while operating the device.
- **ORIENTATION:** For certain applications, you can set the screen orientation as **PORTRAIT** or **LANDSCAPE**.

Tip: Pressing ENTER and LAP simultaneously allows you to rotate the screen quickly.

- **UNITS:** The measurement unit can be set as **IMPERIAL(FT,MPH)** or **METRIC(m,kph)**.

You can also set the **COORDINATE FORMAT** as **DEGREE** or **DEG MIN SEC**.

- **TIME:**
 - **TIME FORMAT:** Set the displayed time format as **12 HOUR** or **24 HOUR**.
 - **TIME ZONE:** Select your local time zone.
 - **DAYLIGHT SAVING:** Select the daylight saving if necessary, and then the system will display the correct time according to your setting.
- **ALARM:** In the **FREQUENCY** field, you can set the alarm clock from Sunday to Saturday (**SUN/MON/TUE/WED/THU/FRI/SAT**), **WEEKDAY**, **WEEKEND**, or **DAILY**. Otherwise, select **OFF** to disable the alarm.

Once the alarm is enabled, set the alarm time in the **TIME** field.

Managing data on the device

The PC utility, Mio Share, allows you to register your device, update softwares, share experience, and more.

Connect your device to the computer using the USB cable, and then download the Mio Share desktop tool easily from <http://mioshare.com> and run the desktop tool. Then enter your details and you will receive a confirmation email with a username and password.

Installing Mio Share

Note: Make sure you have an active Internet connection for this feature.

1. Turn on the computer.
2. Turn on your device and then connect it to the computer.
3. Start the web browser and download the desktop tool from the website: <http://mioshare.com/>
4. Install the desktop tool on your computer and then run the desktop tool.
5. Enter your details and you will receive a confirmation email with a username and password.

Sharing your experience on the Internet

By using Mio Share, you can easily share your experiences with other cyclists around the world through the Internet when your device is connected to the computer. For more information, visit: <http://mioshare.com/>

For more information

Online support

For 24/7 help and support with Mio products, visit our Technical Support website at: www.mio.com

Caring for your Mio

Taking good care of your Mio will ensure trouble-free operation and reduce the risk of damage to your Mio:

- Keep your Mio away from excessive moisture and extreme temperatures.
- Avoid exposing your Mio to direct sunlight or strong ultraviolet light for extended periods of time.
- Do not place anything on top of your Mio or drop objects on your Mio.
- Do not drop your Mio or subject it to severe shock.
- Do not subject your Mio to sudden and severe temperature changes. This could cause moisture condensation inside the unit, which could damage your Mio. In the event of moisture condensation, allow your Mio to dry out completely before use.
- The screen surface can easily be scratched. Avoid touching it with sharp objects. Non-adhesive generic screen protectors designed specifically for use on portable devices with LCD panels may be used to help protect the screen from minor scratches.
- Never clean your Mio when it is turned on. Use a soft, lint-free cloth to wipe the screen and the exterior of your Mio.
- Do not use paper towels to clean the screen.
- Never attempt to disassemble, repair or make any modifications to your Mio. Disassembly, modification or any attempt at repair could cause damage to your Mio and even bodily injury or property damage and will void any warranty.
- Do not store or carry flammable liquids, gases or explosive materials in the same compartment as your Mio, its parts or accessories.
- Do not expose your Mio to extreme heat or direct sunlight for prolonged periods. Overheating may damage your Mio.

About your heart rate monitor and accessories:

- Clean with a mild soap and water solution, dry with towel.
- Do not use alcohol or any abrasive material when cleaning the accessories.
- Rinse the strap under running water.
- Do not expose the accessories to extreme heat or direct sunlight for prolonged periods.
- Store the accessories in a cool and dry place.
- The estimated average battery lifespan of the accessories is 2 years. If your accessory stops working, replace with a new battery.
- Remove the battery from the accessories before long-term storage.

Troubleshooting

Problems	Solutions
Your Mio does not turn on when using battery power.	The remaining battery power may be too low to run your Mio. Charge the battery.
Screen responds slowly.	Make sure that your Mio is not running out of battery power. If the problem still persists, reset your Mio.
Screen freezes.	Restart your Mio.
Screen is hard to read.	Make sure that the backlight of the display is set to a high-enough brightness.
Cannot establish a connection with a computer.	Make sure that your Mio and your computer are both turned on before trying to establish a connection. Make sure that the cable is securely plugged into the USB port on your computer and on your Mio. Connect the USB cable directly to your computer — do not run the cable through a USB hub. Reset your Mio before connecting the cable. Always disconnect your device before you restart your computer.

Note: If you encounter a problem you cannot solve, contact an authorised service centre for assistance.

What is GPS?

The Global Positioning System (GPS) is available at any time, free of charge, and is accurate to within 5m (15ft). GPS navigation is made possible by a network of satellites that orbit the Earth at around 20,200km (12,552mi). Each satellite transmits a range of signals which are utilised by GPS receivers, such as your Mio, to determine an exact location. Although a GPS receiver can detect signals from up to 12 satellites at any time, only four signals are required to provide a position or "GPS fix" (latitude and longitude), for vehicle navigation systems.

Your Mio receives GPS signals via the internal GPS antenna. To guarantee the optimum GPS signal strength, ensure your Mio is outdoors, or in a vehicle outdoors, and has an unobstructed view of the sky. GPS reception is not usually affected by weather, however, very heavy rain or snow may have a negative effect on your reception.

CAUTION:

- It is your sole responsibility to place, secure and use your Mio in a manner that will not cause accidents, personal injury or property damage. Always observe safe driving practices.
- On main roads, the distance to an exit calculated by your Mio may be further than the distance shown on road signs. Road signs show the distance to the start of an exit while your Mio shows the distance to the next intersection, i.e., the end of the exit ramp or road. To prepare to exit a road, always follow distance information on road signs.
- Mio products are designed to be used as an aid to safer driving. Mio does not condone speeding or any other failure to comply with your local traffic laws. It is your responsibility to drive within the posted speed limit at all times and to drive in a careful manner. Mio accepts NO liability whatsoever for you receiving any speeding fines or points on your license through using this device. Mio does not guarantee the accuracy of the data contained within this database either expressed or implied. In the event you receive a fine or any other penalty for speeding or contravention of any traffic law, or are involved in an accident, Mio is not responsible for any damages of any type. In some countries the data information regarding speed limits may conflict with local law and/or regulations. It is your responsibility to make sure that your use of the data is in compliance with local laws and/or regulations. Usage is at your own risk.

IPX7

The IEC 60529/IPX7 is a European system of test specification standards for classifying the degrees of protection provided by the enclosures of electrical equipment. An IPX7 designation means that the unit withstands immersion in one meter (approx 3ft) of still water for up to 30 minutes. Mio guarantees this grade provided the battery door and all jack covers are properly and securely closed. Mio Cyclo is not IPX8 grade; water-pressure such as washing the unit with running water may cause damage to the unit and voids warranty.

Safety precautions

• About charging

- Use only the charger supplied with your device. Use of another type of charger will result in malfunction and/or danger.
- This product is intended to be supplied by a LISTED Power Unit marked with "LPS", "Limited Power Source" and output rated + 5 V dc / 1.0 A".
- Use a specified battery in the equipment.

• About the charger

- Do not use the charger in a high moisture environment. Never touch the charger when your hands or feet are wet.
- Allow adequate ventilation around the charger when using it to operate the device or charge the battery. Do not cover the charger with paper or other objects that will reduce cooling. Do not use the charger while it is inside a carrying case.
- Connect the charger to a proper power source. The voltage requirements are found on the product case and/or packaging.
- Do not use the charger if the cord becomes damaged.
- Do not attempt to service the unit. There are no serviceable parts inside. Replace the unit if it is damaged or exposed to excess moisture.

• About the battery

- Use a specified battery in the equipment.

CAUTION: This unit contains a non-replaceable internal Lithium Ion battery. The battery can burst or explode, releasing hazardous chemicals. To reduce the risk of fire or burns, do not disassemble, crush, puncture, or dispose of in fire or water.

- Important instructions (for service personnel only)
 - **Caution:** Risk of explosion if battery is replaced by an incorrect type. Dispose of used batteries according to the instructions.
 - Replace only with the same or equivalent type recommended by the manufacturer.
 - The battery must be recycled or disposed of properly.
 - Use the battery only in the specified equipment.

Regulatory information

For regulatory identification purposes, Mio Cyclo 100/105 series is assigned a model number of N411.

Marking labels located on the exterior of your device indicate the regulations that your model complies with. Please check the marking labels on your device and refer to the corresponding statements in this section. Some notices apply to specific models only.



Products with the CE marking comply with Radio & Telecommunication Terminal Equipment Directive (R&TTE) (1999/5/EC), the Electromagnetic Compatibility Directive (2004/108/EC) and the Low Voltage Directive (2006/95/EC) - issued by the Commission of the European Community. Compliance with these directives implies conformity to the following European Standards:

EN 301 489-1: Electronic compatibility and Radio spectrum Matters (ERM), Electromagnetic Compatibility (EMC) standard for radio equipment and services; Part 1: Common technical requirements.

EN 301 489-17: Electronic compatibility and Radio spectrum Matters (ERM), Electromagnetic Compatibility (EMC) standard for radio equipment and services; Part 17: Specific conditions for 2.4 GHz wideband transmission systems and 5 GHz high performance RLAN equipment.

EN 55022: Radio disturbance characteristics

EN 55024: Immunity characteristics

EN 61000-3-2: Limits for harmonic current emissions

EN 61000-3-3: Limitation of voltage fluctuation and flicker in low-voltage supply system

IEC 60950-1:2005: Product Safety

The manufacturer cannot be held responsible for modifications made by the User and the consequences thereof, which may alter the conformity of the product with the CE Marking.

Declaration of Conformity

Hereby, Mio Technology declares that this N411 is in compliance with the essential requirements and other relevant provisions of Directive 1999/5/EC.

WEEE



This product must not be disposed of as normal household waste, in accordance with the EU directive for waste electrical and electronic equipment (WEEE - 2002/96/EC). Instead, it should be disposed of by returning it to the point of sale, or to a municipal recycling collection point.

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THIS LIMITATION SHALL APPLY EVEN IF ANY REMEDY FAILS OF ITS ESSENTIAL PURPOSE.

SEVERABILITY: In the event any provision of this Agreement is found to be invalid, illegal or unenforceable, the remaining provisions shall be still valid, legal and enforceable without being affected or impaired in any way and a valid, legal and enforceable provision of similar intent and economic impact shall be substituted therefor.

ENTIRE AGREEMENT: This Agreement sets forth the entire understanding and agreement between you and Mio with respect to the Software and Documentation, and supersedes all prior agreements and communications, whether orally or written thereof.